

# Shelby Bottoms Nature Center

## Spring 2015 Program Schedule

Shelby Bottoms Nature Center is open:  
Tues/Thurs/Sat — 9 am to 4 pm  
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open  
7 days a week from dawn to dusk.

Mailing Address:  
Shelby Bottoms Nature Center  
1900 Davidson St.  
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245



Email: [shelbybottomsnature@nashville.gov](mailto:shelbybottomsnature@nashville.gov)

Website: [www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx](http://www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx)



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Spring in the bottomland by Teresa Hughes

Ahhh, the bright green of those first budding leaves of spring! There will be many a middle Tennessee resident looking forward to that after this cold, snowy, and icy winter. (Well for our area, anyway!) Those spring wildflowers and bright green sprouts will be very welcomed and we will celebrate them with two wildflower walks! In fact, this spring we will celebrate a number of things! We'll start the season with Dr.

Seuss, followed by spring equinox, Earth Day, May Day, TN Ornithological Society's 100th Anniversary, and Nashville Bike Month. We will also remember the Japanese earthquake and tsunami through a new art exhibit focusing on that natural disaster, and we'll remember our own natural disaster: the May 2010 Flood. And finally, to close the season, we will also help tell the story of our own East Nashville—and invite you to join in and tell your EN tale too. There is much to do in the season of rebirth. Let's get to it.



Saturday, March 7  
11 am—3 pm  
All ages  
No registration

March 2nd is the birthday of the one and only Dr. Seuss! Swing by the nature center for an open house event where we turn the nature center into Seussville. We will have many activities, stories, crafts, and snacks.  
Leader: Christie Wiser and SBNC Staff

### When the Earth is Angry: Japan 2011

*By Ashley Carey*

Wednesday, March 11  
6—8 pm  
All ages  
No registration

To commemorate the four year anniversary of the Great Tohoku earthquake that rocked Japan and shifted the Earth on its axis, this opening reception is an evening of art and Taiko music exploring the earthquake and its aftermath. The exhibit will feature original works and music created by two best friends living in Japan at the time of the disaster. This exhibit will illustrate the effects of natural disasters on the environment and visitors will witness a time and place where nothing is as it should be, technology can't save you, and money doesn't matter.

### Art Open House

Saturday, March 14  
12—3 pm

### When the Earth is Angry: Japan 2011

All ages  
No registration

Drop in the nature center to view our newest exhibit to adorn the classroom walls. We will provide some snacks and info on our upcoming events. Exhibit will run for two months.

### Introduction to Disc Golf

Saturday, March 14  
9:30—11 am  
Ages 8+  
Registration required

Join us for an introduction to disc golf, which offers a great free hobby in some cool outdoor settings. Our course is at Shelby Park's Naval Hill, which has great views and birdwatching.  
Registration is required. All equipment is provided.  
Leader: John Michael Cassidy

### MNPS Spring Break Week: March 23–27

Call 615-862-8539 or [email shelbybottomsnature@nashville.gov](mailto:shelbybottomsnature@nashville.gov) to register for programs.  
Programs could be cancelled due to inclement weather or low participation.

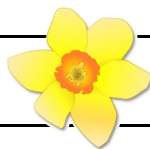
Shelby Bottoms Nature Center 1900 Davidson St Nashville, TN 37206 615/862-8539  
[www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx](http://www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx)



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## Vernal Equinox: Friday, March 20 at 5:45 PM Spring begins!!!

### Spring Equinox Hike

Saturday, March 21  
10 am—12 pm  
Ages 12+  
Registration required

We will walk 3+ “muddy” miles on primitive trails through bottomland forest and wetland areas. Early spring is a great time for those photogenic areas in the park.  
Leader: John Michael Cassidy

### Spring is SPRINGING!



Saturday, March 21  
10—11:30 am  
All ages  
Registration required

It's the first full day of spring and we are heading out into the park to look for those springy, slimy, harbingers of spring—the FROGS! We'll learn about the frogs here in Shelby Bottoms first, then go out and splash around looking for some. With any luck and some keen eyes and ears, we'll find a few!  
Leader: Denise Weyer

### Birds of a Feather...

#### ...Wear Bands Together??

Tuesday, March 24  
10—11 am  
All ages  
Registration required

Come to the Nature Center to learn about banding, or ringing, birds. There will be a trap and a net onsite to hopefully catch a few. We'll have an up close look, learn about the species, and learn why we band and how it helps our feathered friends.  
Leader: Denise Weyer

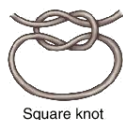


### Marsh Madness Hike and Picnic

Wednesday, March 25  
10 am—12 pm  
All ages  
Registration required

Is it a marsh, wetland, swamp, bottomland or what?!? Learn more about the “wet” areas and how important they are to us, animals and the world as a whole. We will take a hike around Shelby Bottoms to explore our wet areas and then stop off at the observation deck for a picnic lunch. Wear shoes that can get wet and pack a lunch if you plan to picnic with us!  
Leader: Christie Wiser

### Knot-ty Time



Square knot

Wednesday, March 25  
1—2:30 pm  
Ages 8+  
Registration required

Do you want to learn more proper knots - more than just being able to tie your shoes? We'll learn a handful of easy/useful knots and then put them into practice. Participants will have a useful take-home item as well.  
Leader: John Michael Cassidy

### Geocaching and Navigation

Thursday, March 26  
10 am—12 pm  
Ages 8+  
Registration required

We'll focus on some basic land navigation and utilize some technology— GPS units and smart phones— for some fun activities around the nature center campus.  
Leader: John Michael Cassidy



### PUPPET Show Party & Picnic

Friday, March 27  
10 am—12 pm  
All ages  
Registration required

Puppet shows and puppet making will kick off this fun event! Then we encourage you to bring a picnic lunch to enjoy on the nature center grounds. We will provide the lemonade and fun!  
Leader: Christie Wiser

### Story Time



Saturday, March 28  
10 am  
All ages  
No registration

Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward!  
Leader: Denise Weyer &/or Ms. Marilyn

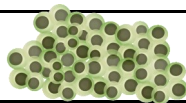
### Star Party with



Saturday, March 28  
7—9 pm  
All ages  
No registration

Join us with our partners, the [Barnard Seyfert Astronomical Society](#) and [Sudekum Planetarium](#), for an open house style event held outside of the nature center in the event field. Astronomers from BSAS will have telescopes on hand to view the heavens. Bring your best questions! Cancelled if the weather is not suitable — call ahead or check social media.





## Body Works

Saturday, April 4  
10—11 am  
Ages 18+  
Registration required

This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Please bring your yoga mat, a small towel and a bottle of water.

Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of [BestUWellness.com](http://BestUWellness.com)

## Egg-arama!!!



Saturday, April 4  
12—3 pm  
All ages  
No registration

Eggs are all the rave this time of year! Roll into the nature center for this open house style event to learn more about the nature of eggs and what types of eggs can be found around the park, such as bird, frog, insect and more. We will have an “egg” scavenger hunt in the classroom that allows the kids to collect nature knowledge rather than plastic eggs to take home.

Leader: Christie Wiser

## Full Moon Mosey

Saturday, April 4  
8—9 pm  
All ages  
Registration required

If we get a nice clear sky that allows us to marvel at the moon, we will take a hike around the park to explore by moon light. No flashlights, please!

Leader: Christie Wiser

## Story Time



Saturday, April 11  
10 am  
All ages  
No registration

Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward!

Leader: Denise Weyer &/or Ms. Marilyn

## Blossom Boogie: A spring wildflower hike

Saturday, April 11  
2—3 pm  
All ages  
Registration required

Spring is a great time to explore the beautiful blooms that flourish through the park trees and ground! We will take a short hike in search for the wildflowers that debut this time of year!

Leader: Christie Wiser

## Bike Ride: New Moon

Thursday, April 16  
7 pm  
Ages 12+  
Registration required

We will ride along the Shelby Bottoms Greenway and look/listen for active wildlife: our frog residents should be very active in the wet areas of the park. Free bike rental available if needed. 1-2 hour outing.

Leader: John Michael Cassidy

## Wildflower Hike: Family

Friday, April 17  
9—10:30 am  
All ages  
Registration is required

Join us for a leisurely walk to look at wildflowers. We'll celebrate Earth Day and have a little snack afterward on the porch.

Leader: John Michael Cassidy



Saturday, April 18  
10—11 am  
All ages  
**Registration is required**

We love science at the nature center! Today, you can join Mr. Bond and the Science Guys here at Shelby Bottoms for an event that is certain to make science F-U-N with a capital everything!! Mr. Bond loves kids and his uncanny crowd control makes him a favorite for large special events including mobile science labs, school assemblies, fundraisers, birthday parties, fairs and festivals. Any venue where there are children hungry for fun and learning. And he is doing it for free for us! Any donations collected benefit the nature center! So come check out the science and see how it can be cool! And check out his website at:

<http://www.mrbondscienceguy.com/>

## Earth Day: Centennial Park



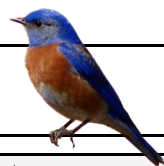
Saturday, April 18  
11 am—6 pm  
No registration required

Visit us at the Metro Parks Nature Centers and Outdoor Recreation booth for this annual event at Centennial Park that features food, drink, fun and lot of exhibits and activities aimed at educating Nashvillians about protecting our environment.

<http://www.nashvilleearthday.org/>

**April 25—Shelby Park roads closed until 2-3 pm for Country Music Marathon. Nature Center closed all day.**





<b>May Day Festival</b>	Friday, May 1 10 am—12 pm All ages (PreK focus) Registration required	May 1 <sup>st</sup> is May Day... join us for a celebration of the spring season! Stories, crafts, games and a hike with a spring flare. Leader: Christie Wiser
<b>Body Works</b>	Saturday, <b>May 2 and May 16</b> 10—11 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. See April 4 entry for full description. Leader: Carol Frazier, <a href="http://BestUWellness.com">BestUWellness.com</a>
<b>Remembering the May 2010 Flood</b>	Saturday, May 2 12—3 pm All ages No registration	5 years ago this weekend, our area faced a natural disaster that changed the way we view weather, watersheds, and infrastructure. It was a challenging time for so many. Today we will have our classroom set up with pictures, writings, and other interpretations that tell the story of the 2010 flood. Please come share your stories and photos too. Leaders: Christie Wiser and Denise Weyer
<a href="#">Nashville Bike Month</a> <b>Full Moon Bike Ride</b>	Monday, May 4 7:30 pm Ages 12+ Registration required	We will ride along the Shelby Bottoms Greenway and look/listen for active wildlife: our frog residents will be very active in the wet areas of the park. Free bike rental available if needed. 1-2 hour outing. Leader: John Michael Cassidy
<a href="#">Nashville Bike Month</a> <b>Bike to School East Nashville</b>	Wednesday, May 6 Call for details All ages No registration	<a href="#">National Bike to School Day</a> provides an opportunity for schools across the country to join together to celebrate and to build off of the energy of <a href="#">National Bike Month</a> and we'll be assisting with group(s) in East Nashville around Shelby Park. Leader: John Michael Cassidy
<b>Celebrating a Century of Birds</b>	Saturday, May 9 All day All ages No registration	Join us with friends from the <a href="#">Tennessee Ornithological Society</a> as we celebrate their 100th anniversary! But that's not all — <a href="#">Cornell University's Lab of Ornithology</a> turns 100 this year too AND it's <a href="#">International Migratory Bird Day</a> ! So help us celebrate all things BIRD today! We'll start off at 8:30 with a Spring Bird Hike, then have a bird banding demo and bird crafts from 10-noon, and finally enjoy an opening reception from 12-3 for the TOS: A Century of Birds photography exhibit. It will be something worth crowing about!
<b>Wet and Muddy</b>	Saturday, May 9 11 am—1 pm All ages Registration required	Be prepared to get wet, muddy, and experience some of the unique aquatic habitats in Shelby Bottoms: wetlands, bottomland forests, ponds, creeks, etc. Leader: John Michael Cassidy
<a href="#">Nashville Bike Month</a> <b>Bike to Work</b>	Friday, May 15 Dawn. Call for details. All ages Registration required	Join us as we celebrate Nashville Bike Month and meet/greet city leaders at Public Square for coffee, snacks, and banter via bikes from East Nashville. Bike commuters can meet at Shelby Bottoms and we'll rendezvous with other groups at 5 Points. Leader: John Michael Cassidy
<b>Story Time</b>	Saturday, May 16 10 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward! Leader: Denise Weyer &/or Ms. Marilyn
<a href="#">Nashville Bike Month</a> <b>Sunset Bike Ride</b>	Thursday, May 21 6:30 pm All ages Registration required	We will ride along the Shelby Bottoms and Two Rivers Greenway, stop at points of interest, and be sure to catch the sunset from the Cumberland River Pedestrian Bridge. Approximately two hour outing. Leader: John Michael Cassidy
<b>East Nashville Tales</b>	Saturday, May 30 12—3 pm All ages No registration	Don't miss this open house event highlighting the history of East Nashville, Shelby Park, Shelby Bottoms, and the people that shaped it to be the wonderful place it is today! Come share your own "East Nashville Tales" to add to our collection that will ensure that future generations will know how such a unique area evolved over time. Leaders: Christie Wiser and Denise Weyer

